

PAGE FOR THE HOUSEKEEPER

Valuable and Economical Recipes for Many Kinds of Wholesome and Seasonable Dishes Given Today

In this issue of the Standard, the Woman's Page is devoted entirely to recipes that have been submitted by various ladies and which have appeared in the daily Woman's Page column. These are reproduced today for the benefit of those who desire to clip them from the paper and add them to their collection of recipes. They are all practical, economical ones and will be a valuable addition to any lady's scrap book. Today's recipes will not appear again, but next Saturday another collection will be given on the Woman's Page and in this way all the Standard recipes may be easily clipped out and saved.

Letters on the "High Cost of Living" are to be continued and household hints or practical suggestions of any kind will be gladly received by the Woman's Page editor and given a place in these columns.

Remember your name need not appear in the paper if you do not desire it to be printed. Just add an initial or any suitable nom de plume to your article but sign your full name and address to your letter to the Woman's Page lady that she may keep it for future reference or correspondence. Address, Woman's Page Editor, Standard, 260 Twenty-fourth street, Ogden, Utah.

APPLES AS A FOOD.

Many delicious, appetizing dishes may be made from the apple which is grown in Utah in such variety and abundance and may be obtained for every household.

Scandinavian legends affirm that the apple was the favorite food of the gods. It was one of the first fruits grown by the Romans. It was early introduced into England and brought from there to America. It is easily cultivated, bears fruit farther north than almost any other, and by means of grafting almost two thousand varieties have been produced. These facts show in part why the apple stands at the head of all fruits.

Recipes in which the apple is a component part will be given in this department and contributions to the apple recipes, known to be good, will be gladly received by the Woman's Page editor.

These recipes, vouchered for as excellent, are herewith submitted.

Belmont Baked Apples—Wipe selected red apples, and make two circular parallel cuts through the skin of each, leaving a three-fourths-inch band around apple midway between stem and blossom-ends. Put in baking-dish, sprinkle tops generously with sugar, and add boiling water to cover bottom of pan. Bake in a hot oven until apples are soft, basting with syrup in pan.

Stuffed Apples—Wipe, then remove a thick slice from the stem-end of eight apples, and scoop out the pulp, leaving apple cups. To two thirds of the pulp, cut in small pieces, add one-fourth cupful of raisins, and cut in pieces, two tablespoonfuls of pecan or English walnut meats, broken in pieces, two tablespoonfuls of sugar, and a few grains of salt. Fill cups with mixture, and add to each two spoonfuls of boiling water. Put in pan, add boiling water to cover bottom of pan, and bake long enough to soften the apples, but not long enough to have the cups lose their shapes.

Apple Fritters—Mix and sift one and one-third cupfuls of pastry flour, two spoonfuls of baking powder, and one-fourth teaspoonful of salt. Add two-thirds cupful of milk gradually, while stirring constantly, and one egg well beaten. Wipe, pare, core and cut two medium sized sour apples in eighths, then cut eighths in thin slices crosswise. Stir apples into batter. Drop by spoonfuls into hot deep fat, and fry until delicately browned. Drain and sprinkle with powdered sugar.

Cream Salad Dressing—To one cupful of sour cream add one egg, slightly beaten, and one-fourth cupful of vinegar. Mix two spoonfuls of sugar, two spoonfuls of salt, one-eighth teaspoonful of mustard, and one-eighth teaspoonful of pepper. Combine mixture, put in double boiler and cook, stirring constantly until mixture thickens.

Apple and Celery Salad—Wipe, pare, core and cut apples in eighths; then cut eighths in thin slices crosswise. Mix with an equal measure of finely cut celery and moisten with salad dressing. Remove tops from red apples, scoop out inside pulp, and serve salad in shells.

Raised Apple Biscuit—Sift a cup of milk, put in a tablespoonful of butter and set aside until lukewarm. Add a tablespoonful of sugar and 1-2 yeast cake dissolved in warm water. Sift teaspoon of flour into a cup of flour and stir the liquid into this. Beat into a batter and set aside to rise. At the end of four hours add to a cup of apples, pared and grated, and another cup of flour, through which a half teaspoon of baking soda has been twice sifted. Let this rise an hour in a warm place, then form into round, flat cakes, put them close together in a pan, let them rise to twice their bulk and bake in a steady oven. Split while hot and eat with butter and sugar.

Sugar Cured Hams—One experienced farmer's way: Ten quarts of pure water, 4 pounds

of rock salt, 1 pound of granulated sugar, 1 ounce of saltpeter.

Trim almost all of the fat from the hams, then pack in a barrel and sprinkle over each layer rock salt, put on a heavy weight and compress it.

Make a brine of the above formula, allow to stand for a few hours and skim off all froth, then pour into the barrel without removing weight. Have all pieces covered with brine. Allow the undissolved part of the brine to remain on the top of the meat. Keep in a cool place for about one month. Smoke with hickory wood and clean corn cobs. Bank the fire with dampened sawdust. Length of time for smoking depends upon taste whether desired well cured or under cured.

How to Cure Corned Beef. The pieces usually corned are the cheaper cuts, such as the rump, brisket, plate, cross ribs, etc. The pieces for corned should be cut into uniform, desirable sizes, about six or eight inches square to cure and pack nicely. The meat should be thoroughly chilled, but not frozen.

One ounce of saltpeter, 25 pounds of meat, water as needed, 2 pounds of salt, 1 pound of sugar, 1 ounce of soda.

Over the bottom of the jar or barrel sprinkle a layer of the salt, now pack in a layer of the pieces of meat, then put on another layer of salt, then meat, until all is used. Save enough salt for a good layer over the top. Allow to stand over night, then add the remaining ingredients dissolved in one quart of warm water. Pour this over the meat and add enough water to cover the meat. Put a weight on a loose board-cover to hold all under the water. The meat is thoroughly corned in about one month. If the brine becomes rosy, take out the meat, wash thoroughly and make a new brine. The saltpeter may be omitted as desired.

Hard Soap Without Boiling.

In a stone jar or iron pot dissolve one can of lye with one quart of cold water, stirring with a stick. Allow solution, which will immediately become hot, to cool. Melt six pounds of grease, tallow or lard, clean and free from salt, and when entirely melted allow to cool sufficiently to bear your hand in it. When grease becomes cool, stir in the cooled solution of lye until the mixture is thoroughly combined and drops from the stirrer the thickness of honey. Stir thoroughly but no longer than necessary. Pour into wooden box lined with muslin. Cover with blanket or carpet and set in a warm place for two or three days empty out and cut to convenient shapes.

If soap is streaky it has not been stirred thoroughly. Cut small and reboil with one quart of water. Pour into box again and proceed as before.

Nesselrode Pudding—Peel about a cup of large chestnuts, put them into boiling water for five minutes; take off the second skin and boil them again until they are tender; press them through a sieve; cut a quarter pound of candied fruits into small pieces, cover with quarter cup sherry and let stand for a half hour; cook half cup currants and half cup of seeded raisins in hot water until plump; drain them through a cloth; add one pint stiffly whipped cream to a paraffin made of six egg yolks and one cup of sugar; turn this into a freezer and grind until half frozen; then remove the paddle and with a long-handled spoon stir in the chestnut puree, fruit and one teaspoon of vanilla, two spoonfuls of rum and half cup of shredded pineapple free from juice; place the pudding in an ice mold, pack it in ice and rock salt and freeze it for six hours; when frozen turn it out, cut in slices and serve with whipped cream around. It is also good served with rum sauce.

Fruit Pudding—For a fruit pudding chop up two cups of suet; add two cups of fine bread crumbs soaked in a cup of grape juice, half cup brown sugar, half cup molasses, one teaspoon salt, a small grated nutmeg and three well beaten eggs; mix these well, and into the mixture stir half cup each of dried currants and chopped English walnuts, one cup seeded and chopped raisins and quarter cup of chopped candied orange peel; add well dredged with flour to prevent their sinking to the bottom; beat into this half cup of flour, into which two tablespoonfuls of baking powder have been sifted; steam the whole, packed in a well greased mold for three hours. It can be kept for two or three weeks after it has been cooked; in fact, it improves with keeping. When ready to use, reheat it, and before serving trim it with nuts and serve with a brandy sauce.

English Mince Pies—Take one pound of raisins and one pound of currants, chopped suet, chopped apples and brown sugar, finely chopped dried of three lemons and three oranges and juice of both, a glass of brandy, a teaspoon of mixed spices and half pound of cooking almonds; mix all ingredients, cover them and let stand for two weeks before using; when ready to use, line the pie pans with pastry, fill them with the mincemeat and cover with the paste; brush over with beaten egg and bake for 15 minutes in a hot oven.

Mixed Spices—Take two tablespoonfuls of powdered cinnamon, one tablespoonful of powdered cloves, one tablespoonful of powdered allspice, two spoonfuls of powdered mace and one spoonful of nutmeg; mix thoroughly and sift twice; put away in a tight glass jar or tin box and keep ready for use. The spices become finer in flavor by long standing and are much better.

Mince Meat—Get about four pounds of lean beef and chop it fine, fine, as much of chopped raisins, apples, one pound of chopped suet, three pounds of seeded raisins, two pounds of currants, picked over, washed and dried, half a pound of citron, cut up fine, one pound of brown sugar, one quart of sweet cider, one pint of boiled cider, one tablespoon salt, one tablespoon pepper, one tablespoon mace, one tablespoon of allspice and

four tablespoonfuls of cinnamon, two grated nutmegs, one tablespoon of cloves; mix thoroughly and warm it on the range until heated through; remove from the fire and when nearly cool stir in a pint of good brandy and one pint of Madera wine; put into a crock, cover it tightly and set it in a cold place, where it will not freeze, but keep perfectly cool. Will keep good all winter.

ARMOUR'S HINTS ON CAKE MAKING. Heating the Oven. In making cakes, the first thing to attend to is the oven. In order to tell if it is at the proper heat, a piece of white paper should be put in the oven; if it remains white or turns a very pale brown, it is too cool; if it turns a pretty shade of light brown, the heat is right; and if it turns deep brown at once, it is too hot. If a coal stove is used, all soot that may have collected in the oven must be removed, as this would retard the heat. Small cakes require the hottest oven so as to be quickly baked through. On the other hand large fruit cakes do not require such a quick oven or they will get hardened on the outside before they are cooked through. The baking, therefore, should be gradual, although an oven that is too hot is better than one that is too cool.

Preparing Fruit. Currants and raisins must be well washed and dried by rubbing in a clean dry towel. This will help to remove the stalks and makes the picking of the fruit much easier. It is most essential that the fruit be quite dry, for if at all damp it will sink to the bottom of the cake.

Get the Pan Ready. For a cake made with shortening, the pan should be greased with lard. Butter must not be used for this purpose, as it burns too easily. The pan should then be dusted with flour, but if the cake is one necessitating long cooking the pan must be lined with one thickness of white paper. It is not necessary to grease the pan for sponge cake; simply dust it with flour, as it contains no shortening and will not stick.

Shortening. The shortening is a very important ingredient. In cake making it will be found that pure lard is better than butter. This is due to its purity, wholesomeness, and to its uniformity. It is quite pure, and the standard never varies. As it contains no water (and it is well known that butter contains sixteen per cent), it will be readily seen why a cake made with pure lard will keep moist much longer than one made with butter. And, of course, the economy of its use is apparent to every housewife. In using lard in a recipe which calls for butter use a little less and add a pinch of salt. Use less because lard is richer than butter.

In all cake making there are definite preparations before the actual mixing. These are for letting the ingredients or for allowing a cake to stand—the fire meanwhile burning—while the pan is being made ready or the fruit picked over. All cakes should be well mixed and beaten, as the beating allows plenty of air to get through the mixture, thus making it light.

THREE NEW WRINKLES. To open a tight can, if the lid can not be easily removed, roll it with your foot on the floor about three rolls and note the wonderful effect.

Cut new cakes with a knife wrapped in paper and see how nicely it slices. If the belt of the machine has become loose and you want to run the machine at once, try putting a few drops of machine oil on the belt.

Breakfast Rolls. Mix together 1-2 of a cup of mixed lard and butter melted with 1 quart of milk, slightly warmed. Add 2 tablespoonfuls of white sugar, a teaspoon of salt and 1-2 of a yeast cake dissolved in warm water; stir in enough flour to make a soft dough, work all together well and set to rise at night. In the morning knead thoroughly and make up into rolls; set these closely together in a tin—it should be a round tin to be "like mother used to make." Let them rise to twice their original bulk and bake in a steady oven.

Beaten Biscuit. Work a tablespoon of lard into 2 cups of flour to which has been added a scant teaspoon of salt. Stir into this milk and water in equal parts to make a stiff dough—as stiff as can be handled. Lay this on a block of wood and beat steadily 15 minutes with a rolling pin or with the flat side of a hatchet. Cut into round cakes, prick on top and bake in a rather quick oven.

Curing Meats. Meat should never be salted until the animal heat is out. The curing process should begin from twenty-four to forty-eight hours after slaughtering. This length of time insures perfect cooling and freshness. It should not be allowed to freeze.

Secure a clean, tight barrel, if a large amount of meat is to be cured. A molasses or syrup barrel does nicely. A small amount of meat may be cured in a stone house. Often a housekeeper has an opportunity to buy cheap a piece of meat too large for one cooking. This may be cured for later use.

Salt, sugar and molasses are the best preservatives. Borax, boracic acid, formalin, salicylic acid, etc., considered by some authorities on the subject to be injurious to the health. The patent preparations which are on the market for preserving meat should also be avoided. Saltpeter is used to give the meat a bright color. It too is considered harmful.

How to Salt Pork. Rub each piece of meat with pure, fine salt and pack closely in a barrel or stone jar. Let stand over night. If the pork is cut into small pieces it will pack and cure better. The next day make and pour over it a brine. For 100 pounds of meat: Ten pounds

of salt, 8 ounces of saltpeter, 4 gallons of boiling water. Allow the brine to cool and pour it over the meat. Place on it a weight to keep every piece of meat under the brine. It should not be removed from the brine until ready for use. This should keep a reasonable length of time. If during warm weather the brine becomes rosy it should be drawn off and boiled, or a new brine made. A little baking soda may be added to the brine to sweeten it. Keep in a cool, moist cellar if possible.

LEMON COOKIES. One cup sugar, one-half cup butter, one-half cup milk, two eggs, two large spoonfuls baking powder, two cups of flour, grated rind of one lemon. Mix these ingredients as for cake and add enough flour to make a soft dough. Too much flour spoils these cookies. Brush over the tops of the cookies with a mixture of egg and water in equal quantities and, while moist, sprinkle with sugar and fine cake crumbs mixed. Bake in a steady oven. Kindness Mrs. F. F.

PRESERVED PUMPKIN. Cut one large yellow pumpkin into fairly small pieces. Weigh these and to each pound add one pound of sugar. When thoroughly mixed add a still of lemon juice to each pound of pumpkin and set aside for 12 hours. Then boil the mixture in the preserving kettle until the pumpkin is tender, then place in jars, strain the syrup, reheat it to the boiling point and pour it over the pumpkin. Then seal.

CORNMEAL MUSH. There will be enough boiled at one time for 2 meals. Put 2 quarts of water on in top of double boiler. When boiling add 2 cups yellow cornmeal slowly and 3 teaspoonfuls salt. Boil slowly, stirring slowly until it has thickened, then put the top of boiler in the water and boil 3 hours, or leave on gas range all night. When you use gas, keep over the simmering, which is turned low all night. Use half for mush and milk, the other half put into square pan to cool. The next morning cut into half inch slices, dust with a little flour, put on a griddle which has been brushed with drippings and brown on both sides. Do not fry in fat. Mush prepared in this way is very good. E. L. F.

PUMPKIN PIE. Mix 3 cups thick stewed and sieved pumpkin, 2 cups milk, 1 cup sugar, 1 teaspoonful salt, 2 eggs; season to suit taste with nutmeg and small amount of cinnamon. Do not use too much spice in pumpkin pie, as it will spoil the flavor. Line 2 pie plates, as for custard pie, and bake in a moderate oven until well done and a rich golden brown on top. When eggs are high, crackers rolled very fine may be used. Use one egg instead of two and a sufficient amount of the crackers or dust to make the mixture of the required consistency.

MASHED TURNIPS. Slice thin and boil until tender a dozen medium sized turnips; pour off the water, drain dry, mash fine and add a liberal amount of sweet milk; add a small piece of butter, pepper and salt to taste and return to stove, allowing the mixture to boil up briskly for 4 or 5 minutes, being careful not to allow it to burn. You will find that turnips cooked in this way have a delicious flavor.

CANNED CABBAGE. Four large heads of cabbage, 4 or 5 large onions, 3 red peppers. Chop all very fine, mix, add 5 cents' worth white mustard seed, 5 cents' worth celery seed, 5 level teaspoonfuls of salt, 4 very scant pints of sugar, 6 pints of vinegar. Boil in a barrel and can.—Kindness of Reader.

CARROT JAM. Boil the carrots until they are tender, drain them and mash them through a colander. For each pound of carrots, put in one pound of sugar and the grated rind and juice of one lemon. Boil slowly until the mixture jellies.

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SWEET POTATO PIE. One pint of mashed sweet potatoes, 1 cup of sweet milk, 1 cup of sugar, a piece of butter the size of an egg, with nutmeg and a dash of lemon (not too much); pour into crust lined pan and bake.

BROWN-TOP PUDDING. Put into a pudding dish slices of stale cake, peeled brown sugar and flavored with lemon, cover the top with a meringue; bake brown; serve with lemon sauce.

SPICE CAKE. Below is the recipe of a delicious spice cake which one woman successfully made.

Melt one square of baking chocolate over hot water, add one-fourth cupful light brown sugar and one-fourth cupful hot water. Cook until smooth, stirring constantly. Cream together one-half cupful butter and one egg, add two eggs, the hot chocolate mixture, two teaspoonfuls cinnamon, one teaspoonful cloves, one-half teaspoonful

of salt, 8 ounces of saltpeter, 4 gallons of boiling water. Allow the brine to cool and pour it over the meat. Place on it a weight to keep every piece of meat under the brine. It should not be removed from the brine until ready for use. This should keep a reasonable length of time. If during warm weather the brine becomes rosy it should be drawn off and boiled, or a new brine made. A little baking soda may be added to the brine to sweeten it. Keep in a cool, moist cellar if possible.

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CARROT JAM. Boil the carrots until they are tender, drain them and mash them through a colander. For each pound of carrots, put in one pound of sugar and the grated rind and juice of one lemon. Boil slowly until the mixture jellies.

PUMPKIN PIE. One teacup pumpkin, half pint sweet milk, 1 egg, half cup sugar, butter the size of a hazel nut, 1 teaspoon ginger, half teaspoon cinnamon, half teaspoon grated nutmeg, 1 white of an egg on top. H. P.

SWEET POTATO PIE. One pint of mashed sweet potatoes, 1 cup of sweet milk, 1 cup of sugar, a piece of butter the size of an egg, with nutmeg and a dash of lemon (not too much); pour into crust lined pan and bake.

BROWN-TOP PUDDING. Put into a pudding dish slices of stale cake, peeled brown sugar and flavored with lemon, cover the top with a meringue; bake brown; serve with lemon sauce.

SPICE CAKE. Below is the recipe of a delicious spice cake which one woman successfully made.

Melt one square of baking chocolate over hot water, add one-fourth cupful light brown sugar and one-fourth cupful hot water. Cook until smooth, stirring constantly. Cream together one-half cupful butter and one egg, add two eggs, the hot chocolate mixture, two teaspoonfuls cinnamon, one teaspoonful cloves, one-half teaspoonful

of salt, 8 ounces of saltpeter, 4 gallons of boiling water. Allow the brine to cool and pour it over the meat. Place on it a weight to keep every piece of meat under the brine. It should not be removed from the brine until ready for use. This should keep a reasonable length of time. If during warm weather the brine becomes rosy it should be drawn off and boiled, or a new brine made. A little baking soda may be added to the brine to sweeten it. Keep in a cool, moist cellar if possible.

LEMON COOKIES. One cup sugar, one-half cup butter, one-half cup milk, two eggs, two large spoonfuls baking powder, two cups of flour, grated rind of one lemon. Mix these ingredients as for cake and add enough flour to make a soft dough. Too much flour spoils these cookies. Brush over the tops of the cookies with a mixture of egg and water in equal quantities and, while moist, sprinkle with sugar and fine cake crumbs mixed. Bake in a steady oven. Kindness Mrs. F. F.

PRESERVED PUMPKIN. Cut one large yellow pumpkin into fairly small pieces. Weigh these and to each pound add one pound of sugar. When thoroughly mixed add a still of lemon juice to each pound of pumpkin and set aside for 12 hours. Then boil the mixture in the preserving kettle until the pumpkin is tender, then place in jars, strain the syrup, reheat it to the boiling point and pour it over the pumpkin. Then seal